

# THE ROLE OF FAMILY EDUCATION ABOUT FATHERS' CONTRIBUTION IN SHAPING THE MENTAL HEALTH OF YASPIA JUNIOR HIGH SCHOOL CHILDREN

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## ABSTRACT

Fathers' involvement in childcare has a crucial role in shaping children's mental health. This study aims to examine the role of family education in the contribution of fathers in shaping the mental health of adolescents. This research uses a literature review study method with a qualitative approach. Data is collected from various reliable sources such as scientific journals, books, and research reports. The data were analyzed using thematic analysis techniques. The results showed that the involvement of fathers in childcare at YASPIA Junior High School was still relatively low. This is evidenced by the lack of contribution of fathers involved in various parenting activities, such as playing, learning, and helping complete schoolwork. Fathers' involvement in family education contributes positively to children's mental health, such as increasing self-confidence, lowering anxiety, and helping children cope with stress. The role of family education in fathers' contribution in shaping the mental health of YASPIA Junior High School children is very important. Fathers' involvement in parenting can improve a child's mental health and assist them in achieving optimal development.

**Keywords:** *Fatherhood, Mental Health, Family Education*

## INTRODUCTION

Education and nurturing provided by parents are the main foundation in the formation of a child's personality, as well as being an important factor that determines the success and happiness of his life. The common view that develops in society often places mothers as having the main role and responsibility for the education and behavior of their children. On the other hand, fathers are often considered natural if they are not much involved in the child's education process at home because his role is more focused as a provider of material needs. This view that fathers only function as breadwinners is not only prevalent among ordinary people, but also among educated people. This shows that stereotypes about the roles of fathers and mothers in the family are still strong and there needs to be a change in views to achieve a balance in parenting roles between fathers and mothers.

According to Mansur, family education is a process of conveying positive values to child development which is the basis for further education. Abdullah, on the other hand, defines family education as an effort made by parents to help children's personal development through habituation and improvisation. In more detail, An-Nahlawi and Hasan Langgulung define family education as an effort made by fathers and mothers to instill values, morals, example, and fitrahan to their children (Jailani, 2014). This shows that family education not only provides knowledge, but also emphasizes the formation of children's character and morals starting from the home environment. This comprehensive approach aims to form children who have a strong moral foundation, and are able to face the challenges of education and life in the future well.

Based on various studies, it can be seen that the study of the role of fathers in children's lives is still very limited when compared to studies that have been done on the role of mothers. The National Center For Education Statistics (NCES), which is the Research and Development institute of the United States Department of Education, suggests that over the past few decades, research on children and

related issues has tended to highlight more about the relationship between children and mothers, while fathers' contributions have often been overlooked (NCES, 1997). This suggests a gap in the focus of research that can result in a lack of comprehensive understanding of the importance of fathers' role in child development. Thus, more studies are needed that emphasize the role of fathers to get a fuller picture of family dynamics and effective parenting.

Several contemporary studies affirm the importance of the role of fathers in childcare covering various aspects. In 1988, the non-profit organization Family Support Act warned about the risks and dangers of fatherlessness in the child's life, as evidenced by surveys in several developed countries, such as the United States. Edward Kurk (2015), an Associate Professor of social sciences at British Columbia University, states that:

- a. The absence of fatherhood causes 70 percent of students to drop out of school.
- b. Causes low academic achievement, involvement in crime and criminal conduct (85 percent of adolescents in prison due to absence of fatherhood).
- c. Being the cause of deviations in sexual behavior in adolescents (pregnancy out of wedlock, free sex behavior, etc.).
- d. Being the cause of teenagers falling into narcotics and illegal drugs.
- e. Causing adolescents to not feel at home (90 percent of adolescents who run away from home because of the absence of fatherhood).

Michael E. Lamb, one of the pioneers in this field, stated that fathers are "forgotten contributors" because despite their very important, often overlooked role, there is a bias in child mental development research (Lewis, Lamb, 2003). In fact, the role of fathers in maintaining and educating children is very important for their growth and development. The presence of fathers who are active in parenting can set a good example for the next generation (Parmanti & Purnamasari, 2015). According to Kiromi (2023), children who undergo their growth and development without the presence of a father figure or lose a father figure will feel sadness and insecurity when they are with others. In addition, according to Arie & Febi in Mulyana (2022), this condition can cause negative impacts such as lack of confidence, grumpy, shy, feeling lonely, jealous, deep grief, unstable emotions, and lack of courage to take risks. Therefore, the role of fathers in parenting needs to be more considered and appreciated in order to make a positive contribution to the mental and emotional development of children.

Basically, the role of the father in parenting is able to provide warmth, monitoring, control of children's activities, and responsibility for the needs of Lamb children in (Fiquunnisa, Yuliadi I, & Saniatuzzulfa, 2023). However, problems arise in the form of imbalances in the roles between fathers and mothers in the parenting process. According to Sukri & Sofwan (2001), in the division of roles in the family, fathers are often conceptualized as workers outside the home who are responsible for the financial aspects of the family, while mothers are conceptualized as housekeepers and nannies. Lamb in (Wijayanti & Fauziah, 2020) states that a father has the responsibility to provide for the physical needs of his family as well as being responsible for the care and nurturing of children. This imbalance can lead to non-optimality in parenting, considering that the role of the father should also involve emotional and support aspects in the child's development. Therefore, efforts are needed to achieve a balance of roles between father and mother in parenting so that children can grow and develop optimally by getting full support from both parents.

The contribution of fathers in childcare is also explained by Palkovitz (1997) in Hedo (2020) who compiles the concept of father's contribution thoroughly in the form of cognitive, affective, and behavioral aspects. Cognitive aspects in this case include hope, anxiety, self-confidence, and future planning. Hope refers to a father's expectations for his child's future development and achievement. Anxiety describes a father's concerns about the challenges his child will face and how they can support it. Self-confidence involves the father's confidence in his role as primary caregiver, as well as future planning which involves concrete strategies and steps taken to ensure the child's well-being. In this context, a father's hope is to see his child grow and reach his maximum potential. Fathers' concerns reflect how concerned they are about any obstacles their child may face, and they are ready to play an active role in providing support.

Fathers' self-confidence is very important because it shows how capable and confident they feel in carrying out the role of caregiver. Lastly, future planning shows how serious a father is in planning steps to ensure that his child has a good and prosperous life in the future. The combination of all these aspects shows how important the role of fathers is in childcare, which includes not only physical but also emotional aspects and long-term planning for the well-being of the child.

Affective aspects discussed include commitment, feelings of love, affection, and sacrifices given to children under care. Commitment here refers to a father's dedication to consistently providing time and attention for his child. Feelings of love and affection involve positive emotional expression as well as emotional support provided by the father to his child. Sacrifice includes concrete actions where the father may have to sacrifice time, energy, and other resources for the well-being of his child. A father's commitment is seen in his earnestness to provide enough time and attention for his child, ensuring that the child feels loved and cared for at all times. Fatherly affection and love includes positive emotional expressions such as hugs, words of encouragement, and continuous emotional support.

The sacrifices made by fathers may involve sacrificing personal time, energy, and other resources to ensure that the child's needs are met and his or her well-being is maintained. By making these sacrifices, fathers show how important children are in their lives and how ready they are to do anything for the child's happiness. All these affective aspects contribute to the formation of a strong and healthy relationship between father and son, which is very important for the emotional and psychological development of the child.

Lamb & Pleck in Pleck (2012) suggest four factors of fathers' involvement in parenting, namely: (1) motivation, which means the internal drive and desire of the father to be actively involved in the life of his child; (2) skill and confidence, which includes the father's ability and confidence in carrying out parenting duties effectively; (3) social support, especially from the spouse, which assists the father in better performing his role through moral and practical support; and (4) the absence of institutional barriers, especially in the workplace, that allow fathers to have the flexibility of time and opportunity to engage in childcare without facing the constraints of the work environment.

In Indonesia, the phenomenon of fatherless or the absence of fatherhood does exist, but it seems invisible. Data shows that Indonesia occupies the third position in the world as the country with the highest number of fatherless (Fajarrini & Umam, 2023). This is not caused by the high rate of divorce or death, but rather caused by patriarchal culture that makes the role of fathers seem to be lost in the family, especially in parenting. Fatherless not only means the physical absence of the father, but also the emotional and psychological absence (Hadi et al., 2024). Children often do not realize that they are experiencing a fatherless condition until they feel a significant impact from the situation. This loss of the role of the father indirectly affects the mental and emotional state of the child. Many factors contribute to the loss of the father's role in shaping the child's mental and emotional health. (Majid & Abdullah, *Melangkah Tanpa Penuntun: Mengksplosasi Dampak Kehilangan Ayah Terhadap Kesehatan Mental dan Emosional Anak-anak*, 2024)

The presence of a father in a child's life is an important foundation in the formation of their mental and emotional health. As a figure who provides guidance, protection, and affection, the role of the father is not only limited to meeting physical needs, but also contributes significantly to the psychological development of children.

Every child makes his father a role model in his life, so they use his father as a benchmark in assessing the behavior of others towards him. Thus, fathers have an important role in shaping the way children value themselves and others, as well as in developing a child's sense of self-worth and confidence. In addition, fathers are also important role models for children in shaping their character. Through daily interactions, fathers teach children about cultural norms, gender ideology, and sexual orientation. Fathers also show children how to treat others with respect and empathy, as well as how to interact with others in a variety of social contexts.

With positive and loving involvement, fathers can encourage children's psychological development and help them develop good adjustment skills. Children who have engaged and responsive fathers tend to have better mental health, as well as be better able to handle stress and challenges in life.

However, there are still many people who assume that the role of fathers in childcare is limited to meeting physical needs, such as providing for and protecting the family. In fact, research has proven that fathers also have an important role in the emotional and psychological development of children. (Majid, *Melangkah Tanpa Penuntun: Mengkplorasi Dampak Kehilangan Ayah Terhadap Kesehatan Mental dan Emosional Anak-anak*, 2024)

For this reason, there needs to be an effort to change society's perception of the role of fathers in parenting. Fathers should be made aware that they also have an important role in shaping a child's mental and emotional health, as well as in their psychological development. Thus, it is hoped that the involvement of fathers in childcare can be increased, so that it can have a positive impact on child development.

Basic Health Research conducted revealed that 6% of the Indonesian population aged 15 years and over experience mental emotional disorders (Balitbangkes RI, 2018). The results of this research show that adolescents have a very high vulnerability to mental health problems. Various factors can cause mental health problems in adolescents. The findings highlight that the adolescent age group is particularly vulnerable to mental health problems. Mental health problems among adolescents can be caused by a variety of factors, including academic pressure, family problems, social promiscuity, and hormonal changes that occur during adolescence (Florensa, Hidayah, Sari, Yousrihatin, & Litaqia, 2023). These factors can contribute to the onset of serious emotional and mental disorders if not treated properly. Therefore, it is important to pay special attention to adolescent mental health and provide the necessary support to help them overcome the various challenges they face. This support can take the form of counseling, mental health programs in schools, and education and awareness about the importance of mental health for adolescents and their families. Thus, it is hoped that mental health problems among adolescents can be minimized and they can grow into mentally and emotionally healthy individuals. (Florensa, Hidayah, Sari, Yousrihatin, & Litaqia, 2023)

Mental health disorders such as depression, anxiety, and other mood disorders that are common in adolescents today can have a significant effect on their feelings, thoughts, and moods, thus affecting their ability to function properly in daily life. If mental and emotional health issues in adolescents are not taken seriously and professionally, they can have a devastating impact on their future development, especially in character building and the ability to interact with others.

The family is the closest environment to children, so what they see and experience in the family can have a big influence on the formation of their character and mental health. Disharmony and conflict in the family can be a source of prolonged stress and anxiety for children, thus affecting their mental health.

In Indonesia, fathers' involvement in childcare is still not optimal. Based on data from the Indonesian Child Protection Commission (KPAI), only about 26.2% of fathers are actively involved in childcare. In fact, research has proven that intensive and positive involvement of fathers can have a positive impact on child development, both from cognitive, social, and emotional aspects. Fathers who are actively involved in parenting can be good role models for children, thus helping to form good character and values in children. In addition, the involvement of fathers can also encourage children to be more confident, have good adjustment abilities, and perform better in education.

However, there are still many parents, especially fathers, who do not realize the importance of their involvement in childcare. They still think that childcare is the responsibility of the mother only, so they only focus on the role of breadwinner and ignore their role as educators and coaches for children. For this reason, there needs to be an effort to raise awareness of parents, especially fathers, about the importance of their involvement in childcare. They should be made aware that they also have an important role to play in the formation of a child's character and mental health, and that their involvement can have a positive impact on a child's development.

In addition, there needs to be support from the community and government to encourage fathers' involvement in childcare. This can be done by providing facilities and opportunities for fathers to be more involved in childcare, such as longer paternity leave and more inclusive parental education programs. Thus, it is hoped that the involvement of fathers in childcare can be increased, so that it can have a positive impact on child development and prevent mental health problems in adolescents.

## RESEARCH METHODS

The current research uses the study literature review method. Researchers chose this method because the purpose of this study was to analyze the contribution of fathers in the formation of children's mental health qualitatively using the results obtained from literature studies. The data used in this study are data obtained from various literature study sources, such as articles, scientific journals and books related to the contribution of fathers in the formation of children's mental health. The benefits of this research are to obtain the implementation of the results of the Systematic Literature Review (SLR). In searching and collecting data related to problems taken regarding "Father's contribution in the formation of children's mental health".

Data collection techniques in this study are carried out by collecting data from various sources of review literature studies that are relevant to the research topic. From the data obtained, the content analysis method will be analyzed. Content analysis is used to analyze texts from various literature sources obtained to retrieve data relevant to the purpose of the study.

## RESULTS AND DISCUSSION

Parents largely determine the development of their children. The amount of time and frequency a parent spends with a child does not always guarantee healthy growth. Since the activities carried out with father and son are far more important than the amount of time spent, the quality of the activities is key to the child's development.

The contribution of the father in the parenting process becomes very important to accompany every stage of the child's growth. The significant conceptualization of the role of the father posits three distinct components, namely accessibility (availability to the child), involvement (direct interaction with the child), and responsibility (managing the child's life). In carrying out these responsibilities, fathers play an important role through tactile interactions, both physically and emotionally. This physical touch includes a variety of activities such as talking, playing, and joking with the child. In addition, in the emotional dimension, a father when involved in the parenting process is able to channel affection, provide attention, create a sense of security and comfort, and give appreciation to children. (Manurung, 2022) (Palkovitz, 2019)(Asy'ari & Ariyanto, 2019)(Andhika, 2021)

Based on some of the opinions above regarding the contribution of fathers in the formation of children's mental health, researchers believe that the application of this model can be used to improve fathers' ability to contribute to the formation of good children's mental health. Hart (Abdullah, 2010) asserts that fathers have a contributing role in child care, namely: a) Economic Provider; b) Friend & Playmate; c) Caregiver; d) Teacher & Role Model; e) Monitor and disciplinary and f) Protector. Therefore, this research is important because it is an effort that can be made in increasing the contribution of fathers to the formation of children's mental health.

The role of the father in the parenting process also provides psychological support that is important for the development of the child. Children who are cared for and educated by fathers tend to exhibit positive aspects in their personalities, including readiness to compete, high levels of self-confidence, risk-taking abilities, and self-esteem. The presence of a protective father also provides a sense of security and comfort for children. Positive paternal involvement can increase a child's overall life satisfaction, which in turn can reduce the levels of depression, emotional stress, and psychological burden they experience.

The results showed that father-to-child communication plays a role in shaping the child's mentality. In addition, hard communication with children will negatively affect children's mental development, so that children become temperamental, often moody, and difficult to socialize. The quality of communication between father and son is influenced by several factors, such as the level of

education and economic conditions of the family. Thus, fathers must pay attention to the quality of communication in order to foster a positive mentality in children.

No	Research Tittle	Researcher and Year	Research Result
1	FATHER'S INVOLVEMENT IN CHILDCARE	Resti Mia Wijayanti and Puji Yanti Fauziah (2020)	The results showed that father's involvement in parenting is very high. This is evidenced by the recognition of 94.7% of respondents who answered that they were involved in caring for their children. This is also reinforced by the high level of joint parenting between fathers and mothers. As many as 88% of research participants stated that childcare is a shared task between fathers and mothers. Regarding fathers' time with their children, 42.7% of fathers answered that they always spend their free time when they are not busy. The inhibiting factor for fathers to be directly involved in parenting is the demands of work (83.8%).
2	FATHERLESS CASE STUDY: THE ROLE OF FATHERS IN EARLY CHILDHOOD CARE	Novita Eka Nurjanah, Fasli Jalal, Asep Supena (2023)	The results showed that fathers have no role in parenting, time with children is minimal, and there is a patriarchal cultural understanding that childcare is carried out entirely by mothers. This has an impact on the absence of attachment between the child and the father, not optimal child independence, and impaired child behaviour control.
3	Father's Parenting Involvement on Well-Being Mother and Child Psychological Wellbeing	Yulia Mauluddia (2024)	The findings of this study indicate that fathers' involvement in parenting is able to fulfil psychological needs, maintain mothers' mental health and provide psychological support to children. This study reveals the importance of father involvement in family life, providing insight into its positive impact on the psychological well-being of wives as mothers and also has a significant effect on the psychological development of children.
4	Psychological Well-being as Measured by Emotion Regulation in Mothers Who Home School Their Children	Ruseno Arjanggal and Maya Arizqina Fauziah (2021)	The test results of the emotion regulation scale obtained internal consistency $\alpha = 0.77$ and the emotional well-being scale obtained internal consistency $\alpha = 0.85$ . The results of hypothesis testing using Pearson's correlation found that emotion regulation correlates with emotional well-being. This study has the implication that the better emotion regulation mothers have will contribute to the formation of better psychological well-being as well.
5	The Role of Family in Adolescent Mental Health during the Pandemic	Elyusra Ulfah (2021)	The research findings show that adolescents consider families to have an important role in creating mental health during the pandemic. Among the roles of the family are protecting, assisting and providing a sense of comfort, establishing interactive communication, and creating parenting patterns that support healthy mental growth and development.
6	THE ROLE OF FAMILY IN SHAPING	Ayu Cahyanti (2020)	The results of this study are expected that families always pay attention to children's

	ADOLESCENT MENTAL HEALTH IN YOSOREJO VILLAGE 21 A EAST METRO		mental development both when they are at home and outside the community, and make more efforts to spend time with children, both providing a sense of security, comfort and creating a peaceful home atmosphere so that children's mentality grows and develops properly and perfectly.
7	Stepping Without a Guide: Exploring the Impact of Father Loss on Children's Mental and Emotional Health	Ibnu Abdul Mijad and Mirna Nur Alia Abdullah (2024)	Results show that fatherlessness has a significant impact on children's mental and emotional health. This study provides insight into the importance of the father's role in the family and the importance of social support to overcome the impact of fatherlessness.
8	The Role of Father's Communication in Children's Mental Development: A Study of Female Santri of Pondok Tahfidz Karanganyar	Fitri Setianingsih (2017)	The results showed that father's communication with children plays a significant role in shaping children's mentality. In addition, harsh communication with children will have a negative impact on children's mental development, so that children become temperamental, often moody, and difficult to socialise. The quality of communication between fathers and children is influenced by several factors, such as education level and family economic conditions. Thus, fathers should pay attention to the quality of their communication in order to foster a positive mentality in their children.

From some of the results of the above research it can be concluded that, From these various studies, it can be concluded that the role of fathers in parenting and family communication is very important in shaping children's mental and emotional health. Active fatherly involvement and good communication can have a significant positive impact on the psychological well-being of children and mothers. This is in line with Palkovitz's opinion that the concept of fathers' involvement in parenting affects three areas, namely cognitive, affective, and behavior that are continuously stimulated, such as: spending time together, level of involvement, importance of involvement, openness, and closeness.

In child development, the role of the father can be influential both directly and indirectly. Fathers are also responsible for protecting the well-being of their families from various internal and external threats. Fathers can be full in monitoring and caring for the physical and mental development of their children.

Doherty, et al mentioned 5 important factors that influence fathers' involvement in parenting:

- a. **Fatherhood Factors:** Fathers play an important role in the level of paternal involvement, which can overcome obstacles such as lack of support from mothers, social factors, and institutional factors. The father's psychological well-being and psychological adjustment ability are also influential.
- b. **Child Factor:** Fathers tend to be more comfortable interacting with boys than girls. This can be because boys more easily identify with their fathers, so communication between father and son becomes smoother. In addition, the characteristics of the child also play an important role in the involvement of the father, as argued by Belsky.

- c. Co-parental factors: the quality of marriage has a significant impact on paternal involvement. When relationships with wives are unsatisfactory or conflicted, fathers tend to stay away from children. When fathers interact with children in unsatisfactory relationship conditions, fathers' behavior patterns toward children tend to be less positive and less supportive.
- d. Contextual Factors: Contextual factors such as the family's economic situation, social support, and assistance from other family members such as family of origin and siblings can influence the father's involvement. This contextual environment can influence the resources available to fathers in supporting their involvement and role in educating children.
- e. Psychological Well-Being Factors: research on psychological well-being involves evaluating both negative and positive dimensions, such as depression levels, stress levels, and general well-being levels. In addition, it also includes self-identity which includes the self-esteem and meaning of individual life in their social context. If a parent's psychological well-being is low, they tend to focus more on meeting their own personal needs, which is likely to affect the way they interact with children, with more attention focused on trying to achieve self-balance.

Children who lose the role of father will face difficulties in organizing and maintaining healthy social relationships with others, because the role and function of fathers who do not work well should be a source of direction in teaching the norms that exist in society. When the father is not present, the child has difficulty recognizing and managing his emotions, which can make him temperamental due to the lack of affection and attention from the father. This circumstance causes hopelessness in the life of the child, which in turn worsens his mental and emotional health due to the loss of the role of the father who is supposed to support and guide.

The lack of love and attention of fathers to children causes children who are raised without a father to have a greater possibility to grow into individuals with negative personalities. Although a person may seem strong and great, the need for family support, especially the role of fathers, is still important because it becomes integral in supporting a better life for the child.

## **CONCLUSION AND ADVICE**

Based on the above research, it can be concluded that education and upbringing from parents, especially fathers, play a crucial role in the formation of children's personality and mental health. Although traditionally, mothers have been considered more responsible in parenting, research shows that fathers' involvement is very important and has a significant impact. Actively involved fathers can help reduce the risk of mental health problems, criminal behavior, and other social problems in children.

To support a child's mentally and emotionally healthy development, it is important for fathers to engage in parenting through direct interaction, providing warmth, monitoring, and taking responsibility for the child's needs. Collaboration between father and mother in childcare is also very important to create a harmonious environment and support the child's growth. Fathers who are active in parenting can set a good example, improve children's mental health, and help them develop into balanced, independent individuals.

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